



# THE ORTHOPEDIC PARTNERS

AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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## DIP Arthrodesis Post-Operative Protocol

Days 0-14:	<ul style="list-style-type: none"><li>• Keep dressing clean and dry</li><li>• No use of involved fingers</li><li>• If fingers are swollen, feel free to take off and loosen dressings</li><li>• Keep hand elevated above the level of your heart</li><li>• May use hand for light activities of daily living, such as eating, writing, typing, getting dressed, and brushing teeth</li></ul>
Day 10-14:	<p>Post-Op Appointment</p> <ul style="list-style-type: none"><li>• Post-operative dressings removed</li><li>• X-rays are obtained to evaluate alignment</li><li>• Stitches are absorbable and steri-strips left in place</li><li>• May get steri-strips wet, but do not soak (bath tub, swimming, hot tub, etc.) until steri strips fall off, or around the 4 week mark</li><li>• No lifting/pushing/pulling more than 5 pounds</li><li>• Placed in figure of 8 splint x 6 weeks</li></ul>
Weeks 6-12	<ul style="list-style-type: none"><li>• Discontinue figure of 8 splint<ul style="list-style-type: none"><li>○ Wear splint only during sport related activity and heavy lifting</li></ul></li></ul>
3 Months:	<ul style="list-style-type: none"><li>• Return to unrestricted activity</li></ul>